

VITAL SIGNS

VOL III No. 11 Naval Regional Medical Center, Orlando, Florida

1 August 1981

Congratulations

to HMC P. N. Granados, II



Outstanding Senior Petty Officer

HMC Pelagio N. Granados, II, USN, Laboratory Service, has been selected to receive the semi-annual Leadership Award as the Outstanding Senior Petty Officer of NRMC Orlando.

Chief Granados received the award in recognition of his superior service. His leadership, exemplary performance, conduct, and loyalty are in keeping with the highest traditions of the United States Naval Service.

Chief Granados reported aboard for his second tour at NRMC Orlando on 13 October 1979. The Chief is married and he and his wife, Leonora, have two sons: Jojo and Victor.

and to HN W. R. Tucker, III



Blue Jacket of the Quarter

HN Wiley R. Tucker, III, USN, Pharmacy Service, has been selected as the Blue Jacket of the Quarter for the 2nd Quarter, 1981.

The Blue Jacket award was presented to HN Tucker for his high example of exemplary conduct, outstanding performance, impressive military bearing, and devotion to duty.

HN Tucker reported to this command on 8 March 1981 from the Class "C" Pharmacy School. HN Tucker faced keen competition for this award as the other nominees were: HN P. T. Bush from Operating Management Service; and from Nursing Service, HN L. A. Alma, HN P. A. Dimitry, HN E. L. Voll and HA R. K. Ballard.

We're sorry you're leaving!

LT G. P. Holeman, NC, to civilian life
 LCDR A. D. Saleker, MSC, to NRMC, Oakland
 LT V. Melidosian, NC, to NRMC, Guam
 LT M. B. Hopkins, NC, to NRMC, Great Lakes
 CDR G. Murray, MC, to civilian life
 CW03 J. S. Kelley, PA, to civilian life
 LCDR L. Gilliard, MC, to civilian life

HMCN J. R. Deluca to NavRegMed Clinic,
 Hawaii

HM3 J. R. Nkhereanye to civilian life
 HN M. A. Kotter to NSHS, Portsmouth

HM3 P. Boon to civilian life
 HM3 J. Villarreal to USS SAN DIEGO
 HN R. Blanton to NavRegMed Clinic,
 Hawaii
 HM2 D. K. Pennebaker to NSHS, San Diego
 HM3 J. A. Towe to NavFacs, United Kingdom,
 London
 HN E. Lowe to USS CHANDLER

We're glad you're here!

ENS L. Cathey, MSC, from civilian status
 CW02 T. W. Ellis, III, PA, from NRMC,
 Portsmouth
 LCDR G. Kivett, MC, from NRMC, Jacksonville
 LCDR L. H. Opoliner, MC, from civilian
 status
 CW03 J. L. Shanklin, PA, from NavHosp,
 Roosevelt Roads
 LT L. T. Smyth, MC, from NRMC, Oakland

HA M. D. Bevins from HCS GLAKES
 HR B. G. Brooks from HCS GLAKES
 HA M. Brown from HCS GLAKES
 HM2 F. Gumminger from 2nd Medical
 Battalion, Camp Lejeune
 HM2 A. L. Hairl from NSHS Bethesda
 HN M. J. Kershner from HCS GLAKES
 HN M. S. Macomber from HCS GLAKES
 HM1 W. L. Nettles from NRMC, Subic Bay
 HR D. M. Palacios from HCS GLAKES
 HM2 S. Pyles from NOSA, Yorktown
 HN S. C. Swanson from HCS GLAKES

Whooizzit?

One member of this family is now on our staff! Guess which one is the real WHOOIZZIT. Turn to Page 8 for the answer.

Red American Cross



Volunteer hours

for June -

2,068 1/2

Vital Signs' Staff

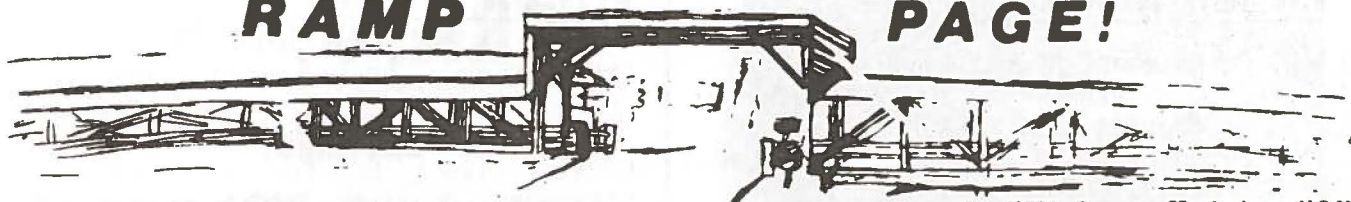
Editor:
 HMCN(SS) R. C. Clements, USN
 Managing Editor:
 Mary V. Van den Heuvel
 Nursing Service Subeditor:
 LT G. Holeman, NC, USN
 NRMC Annex Subeditor:
 HMCN J. R. Deluca, USN
 Ramp Page Reporter/Photographer:
 HM1 Bogan McQuigg, USN

VITAL SIGNS is published in compliance with NAVEXOS-P35 (Rev. JAN74) and printed by the Navy Publications and Printing Service Branch Office, Orlando, from appropriated funds.

Commanding Officer: CAPTAIN L. R. FOUT, MC, USN
 Editor: HMCN(SS) R. C. CLEMENTS, USN

Content of this publication does not necessarily reflect the official views of the Department of Defense. All copy submitted for use in VITAL SIGNS must reach the Editor's Office, H-00B-1, Bldg. 3000, by noon of the 16th of the month.

VITAL SIGNS reserves the right to edit or reject copy to comply with its policy. In reprinting material appearing in VITAL SIGNS appropriate credit must be given.

RAMP**PAGE!**

By HM1 Bogan McQuigg, USN

How do you feel about the new grooming standards?



HA D. Beck, Nursing Service: "The new standards don't seem to be much of an incentive to advance in rate; but, it seems to make everyone look a little bit sharper in appearance anyway."



M. Sobczak, Urology Service: "I approve of the no beard rule, but it should apply to everyone in the Navy and not to just a few."



R. Garman, Laboratory Service: "I think everyone has the right to express himself as he wishes, as long as he is neat, clean and well groomed."



HN J. White, Radiology Service: "It doesn't bother me that the rule is in effect. I think everyone should be clean shaven. It looks more military."



DT3 E. Walker, Dental: "I agree with the new grooming standards, and I feel they should apply to all ranks."



HM3 T. Wallace, Orthopedics: "I tend to disagree with them. If a person grows a beard and maintains it according to grooming standards then I don't see why all rates can't have them."



CRA...

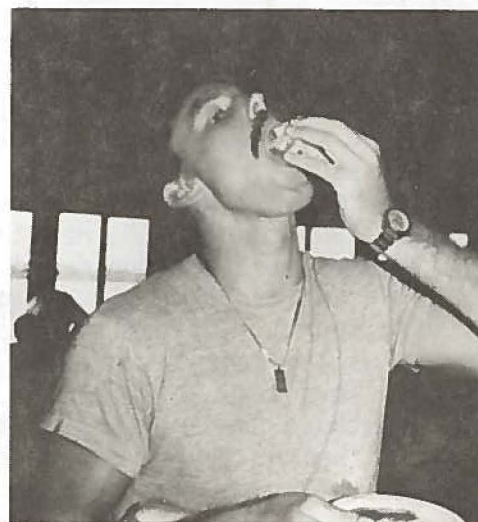
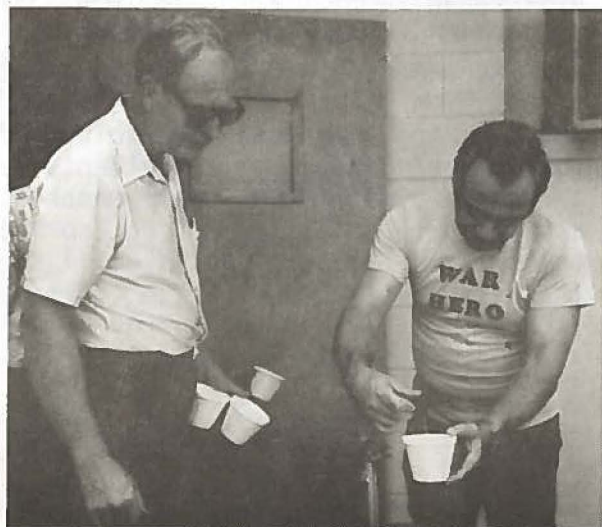
**Shrimps,
Subs,
and Stuff!**



. . . at the Ropeyarn

15 June

New meaning of SOS: Simply Over Stuffed!



the tail END . . . of the shrimp!!!



Chaplain's

Comments

By CDR W. E. Tumblin, CHC, USN

"That You Might Grow, and Abundantly"

My wife recently asked, regarding our daughter, "How long will she be 14?" Slightly irritated by the needling/reacting relationship between our 12 year old son and 14 year old daughter, she voiced the exasperation of many parents. I felt it also. While teens sing of "making up is hard to do," maybe they are meaning "growing up is hard to do." I'm high on both of their growth outcomes.

Teens are caught in the middle. Greatly desirous of being adults, they resent any implication they are still children. However, early teens are still surrounded by those symbols of childhood: bicycles rather than autos, school, household routines, and Mom and Dad. Late teens have probably dropped most of the symbols but still must deal with "What I've been told" regarding God, moral values, and high ideals versus "What I believe" about these matters.

Grown-up faith lives by discovery learning, reflection, honest confession, and obedience to the Living God. Someone once remarked to me, "You are young only once, but you can be immature forever." Heavy, but true. I feel that when Jesus said, "I came that you might have life, and have it abundantly." (John 10:10), he was referring to growing up. Growing up often gets sabotaged by settling in too long in the pits of cynicism and disgust with "What I've been told." Healthy dialogue with a mature, concerned and loving person is an act of faith. It often leads to a growth spurt. And that may hurt for awhile but will lead to abundant living when some personal beliefs are set in place. Growth is the only satisfying alternative to being "caught in the middle."

Nursing

Service

By LT Steven W. Tudhope, NC, USNR

To Whom It May Concern:

"I recently had the opportunity to be a patient in the new NRMC Orlando. Although my stay was relatively short, less than a week, I had the chance to meet various personnel associated with the hospital's functions. I must compliment each and every individual for their utmost sincerity as well as the simplest courtesies I was shown as a patient.

"Due to the nature of my hospitalization and fear of the outcome, I found my temper shorter and my attitude less than friendly. The friendly faces, kind words and helpful direction, which I encountered from all the staff, made my hospital stay more bearable. I would like to take this opportunity to commend the entire staff, not only for the efficient way they run the hospital, but for the smiles, kindnesses and courtesies that made all the difference."

The preceding letter is only an example of many letters received by this command. There is, however, an important message that comes forth from all of these letters. Common courtesy, although sometimes ignored or pushed by the way-side, can mean so much. A helpful word or a smile at the right time can make all the difference.

As members of this hospital staff, in addition to our daily duties, we must keep in mind and make a conscious effort to be more courteous to patients, visitors and to our fellow staff members. Our attitudes and feelings are so easily transmitted to those around us. Keeping that thought in mind remember,

COURTESY IS CONTAGIOUS

..... let it start with you, TODAY!





Master Shipwreck

HMCN(SS) R. G. Clements, USN

HM "C" Schools

The following article was published in the April - June issue of LINK and was authored by HMC G. E. Chapman, the HM "C" School Detailer (NMPC-407C).

All HM "C" School assignments are based upon a competitive selection concept, thus providing for only the best qualified candidates being assigned to advanced training.

The highly competitive school assignments (those which are highly desirable but training quotas are limited) are determined by a quarterly selection board. The board is comprised of representatives from BUMED, HSETC and NMPC. One must remember that the class convening date of the school is the determining factor on deciding which board will select for that school. The board months are as follows:

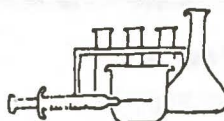
Board Month	Selects for Classes Convening in...
March 81	October, November and December 81
June 81	January, February and March 82
September 81	April, May and June 82
December 81	July, August and September 82

The selection boards normally meet during the first week of each month as indicated above. It is desired that applications for the selection boards arrive at NMPC a month prior to the board meeting to allow for processing. This permits the detailer time to ensure the request is complete, and if needed, additional information can be requested for inclusion in the member's "school package". Applications for the following schools are reviewed by the aforementioned selection board: HM-8408, 8416, 8433, 8466, 8472, 8477 and 8541.

All other school selections are determined on a case-by-case basis, still maintaining the competitive selection process. Determination on an individual's request is normally made within 7-10 working days from the time the complete request is received at NMPC.

The titles of the NEC's listed are as follows: HM-8408 Cardiopulmonary Technician; HM-8416 Clinical Nuclear Medicine Technician; HM-8433 Transplant Technician; HM-8472 Medical Photography Technician; HM-8477 Biomedical Equipment Technician (Basic); and HM-8451 Inhalation Therapy Technician.

For information concerning school requests or other information pertaining to career planning, see HM1 Shockey, your career counselor. His office is located in the Human Resource Management Service and he can be reached on X4928 or X4929.



Lab Line

By CDR J. D. Cotelingam, MC, USNR

"...all good things must come to an end!"

The past 4½ years have really flown by and the end of my tour of duty is fast approaching. However, I cannot leave without telling all of the staff of NRMC Orlando, what a privilege it has been to serve with you and to make your acquaintance. Now, there is only enough time left for a final peep through the "retro-spectroscope."

In these columns, you have practically met our entire Laboratory staff and, I am sure, perceived them as health care providers who are intimately concerned with patient care. They've been a great team and I am proud to have served with them. Indeed, it is the concerted efforts of receptionists, phlebotomists, technicians, supervisors, secretaries, Red Cross volunteers, chiefs, laboratory officers and fellow pathologists that have made my duties a pleasure.

Dr. McCann's replacement, Dr. Skip Smyth, is already on board. Some time in October, Dr. Paul Petit will arrive from the Armed Forces Institute of Pathology in Washington, D.C. and will serve as the Chief of Service. Please extend to them a warm welcome.

Best wishes and continued success to each one of you.

JAMES D. COTELINGAM

What's happening?

FEDERALLY EMPLOYED WOMEN'S WEEK 17 - 21 August - scheduled events each day. See flyer on HUMRESMANSVC Bulletin Board.

BROWN BAG CONCERT IN THE PARK: 5 August 1145 - 1230, RTC picnic area. Bring your lunch. Music by The Suzuki Players (a group of children violinists). Sponsored by NTEC CWRA.





CAPT Fout's

Skipper - gram

ERA (equal rights for asphyxia)

..... a new era for women in smoking and health. Cancer of the lung used to kill men at a ratio of nine-to-one as compared with women -- and it's held off all challenges as numero uno in killing men. BUT latest projections of the National Cancer Institute suggest bronchogenic carcinoma will surpass breast cancer as Number One Killer of females by 1983.

How is it possible? Twenty years after the authoritative voice of U. S. Health proclaims to the world -- smoking victimizes, then slays people, women are knocking themselves off at a sky-rocketing rate. Look at this litany:

- 1906 - clandestine smoking by secretaries
- 1922 - women smoking openly on the byways of New York
- 1929 - 16 per cent of all smokers were women
- 1934 - Eleanor Roosevelt puffed in public
- 1937 - 26 per cent of smokers were women
- 1949 - 33 per cent of smokers were on the weed
- 1976 - percentage increase of women smokers surpasses that of male smokers, peaking at 38 per cent
- 1977 - and a first - number of women smokers surpasses male smokers

Note this contradiction! The highest percentage of women smoking, ages 21 to 35, is NURSES!

Maybe this is a factor in the nurse shortage. We know that studies show smoking women lose 50 per cent more days from work each year than non-smokers. This is clearly supported by more frequent AND longer periods of illness suffered by all smokers.

Today 26.1 per cent of females, ages 12 to 18, smoke! This is a national disgrace! Why do they? Parental, peer, teacher, heroine models seem to play definitive roles.

We can change some NOW!

Reproduced in part from the Ohio State University College of Medicine Journal



CRA NOTES

By Joyce Sienia



CRA BIRTHDAY GREETINGS TO: Pamela Demps on 1 Aug; Oliver Bellamy on 2 Aug; John Sisak on 4 Aug; Roberta Cohen on 5 Aug; Shirley Graham, Anne Swartout, and William Walker on 7 Aug; Henry Lewis on 10 Aug; Patricia Johnson on 16 Aug; Judith Brooke and Ida Weining on 17 Aug; Ronald Johnson and Marie Willis on 21 Aug; Dorothy Pempey on 23 Aug; Charles Watson on 26 Aug; Angeline Derby, Brenda Gore, and Dolores Thompson on 27 Aug; William Martin on 29 Aug; and Barbara Cheney on 31 Aug.

Five LT promotions



On Friday, 24 July, Captain Fout frocked five new Lieutenants. With the Captain are (left to right) LT Ronald G. Miser, NC; LT Robert T. Haas, NC; LT Lorraine G. Collins, NC; Captain Fout, LT Mary E. Johnson, NC; and LT Robert E. Troxell, NC.

Whoooizzit?

It's HM3 Patrice Boon, USN, Nursing Service, the first one on the left. That



is brother, Rusty, in the middle and sister Kathy on the right. Petty Officer Boon reported aboard on 2 January 1981 and assumed the duties as Assistant Enlisted Detailer on 15 May. HM3 Boon is married and her husband, William, is a FTM1 serving as an instructor at Service

School Command. Petty Officer Boon hails from Hanover, Massachusetts.